



City of Torrance

5-0 and on the go!

Promoting fitness, fun, and friendships

MAY/JUNE 2012



CENTERS


BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310-320-5918

HOURS: MONDAY through SATURDAY - 8 a.m. to 4 p.m. SUNDAY - 12:30 p.m. to 4 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:

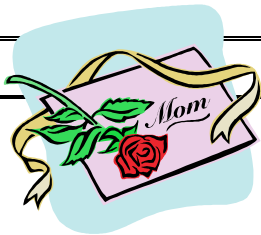
	MONDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors" Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$45/Semester
		9 a.m.-11 a.m.	Knitting & Crocheting	
		9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!	
		2 p.m.-3:30 p.m.	Senior Exercise Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$35/Semester
	TUESDAY	8:05 a.m.-9:35 a.m.	Low Impact Aerobics Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$35/Semester
		9 a.m.-12 noon	Shuffleboard	
	WEDNESDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors" Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$45/Semester
		9 a.m.-3 p.m.	Beadwork Workshop	
		2 p.m.-3:30 p.m.	Senior Exercise Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$35/Semester
	THURSDAY	8:05 a.m.-9:35 a.m.	Low Impact Aerobics Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$35/Semester
		9 a.m.-12 noon	Shuffleboard	
		9 a.m.	Ceramics Workshop	
		9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!	
	FRIDAY	12:30 p.m.	Thursday Afternoon at the Movies	
		8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors" Co-Sponsored by Torrance Adult School - Older Adult Program	Fee: \$45/Semester
	SATURDAY	9:30 a.m.-11:30 a.m.	Crafts Workshop	
		12:30 p.m.-2:30 p.m.	Seniors Open Discussion Group	
		9 a.m.-12 noon	Shuffleboard	
		9 a.m.	Bridge and assorted table games are played	
	SUNDAY	9:30 a.m.	"The Swinging, Singing Seniors" Newcomers WELCOME!	
		9:30 a.m.-11 a.m.	South Bay Strummers Ukulele Group	
		12:30 p.m.	Saturday Afternoon at the Movies	
		12:30 p.m.-4 p.m.	Bartlett Center is Open! Drop on in!	



Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310-320-5918 to make an appointment.

HICAP (Health Insurance Counseling & Advocacy Program) - Counselor Terry Bass provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

Please call 310-320-5918 to make an appointment.



FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.
(Near Madrona & Torrance Blvd., behind the Torrance Plunge)

Fridays only * Coffee, tea, and cookies 25¢ all day

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$29/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore & maintain joint range of motion * Toning & firming to improve flexibility and cardiovascular health

Low Impact Aerobics Through Dance * 10 a.m. - 11:30 a.m. **Fee: \$29/Semester**

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

Classes are offered in cooperation with Torrance Adult School Older Adult Program

and the City of Torrance Community Services Department.

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310-329-1889

Tuesday, Wednesday, and Thursday 9 a.m. to 4 p.m.



TUESDAY

9 a.m. - 4 p.m.

BRIDGE AND TABLE GAMES

9:30 a.m. - 11:30 a.m.

TORRANCE LOVING CARE "TLC" Greeting cards workshop
1st Tuesday of the month

9:30 a.m.

NEW!

WIRE WRAPPING W/ CLIFF 2nd & 4th Tuesdays of the month

WEDNESDAY

9 a.m. - 4 p.m.

PINOCHLE AND TABLE GAMES

9:30 a.m.

GENTLE FITNESS AND CHAIR DANCING

12:30 p.m.

MOVIE MATINEE - First Wednesday of the month

12:30 p.m.

NEW!

QUILTING AND SEWING W/ SHAR
2nd Wednesday of the month

12:30 p.m.

NEW!

BUNCO 3rd Wednesday of the month

THURSDAY

9 a.m. - 4 p.m.

CENTER IS OPEN

12:30 p.m. - 3 p.m.

BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.

TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

May 2, 2012: *Bambi*

Rated G

FEATURING: Hardie Albright, Peter Behn, & Ann Gillis



June 6, 2012: *Mouse Hunt*

Rated PG-13

FEATURING: Nathan Lane, Lee Evans, & Vicki Lewis

Movie for July: *An American in Paris*





BUNCO PARTY!

THIRD WEDNESDAY OF EACH MONTH

12:30 P.M.

TILLIM SENIOR CENTER
3614 ARTESIA BLVD., TORRANCE
310-329-1889



COME PLAY ONE OF THE MOST FUN GAMES AROUND, **BUNCO!**
EVERYONE IS WELCOME!



WALTERIA PARK SENIOR CITIZENS CENTER

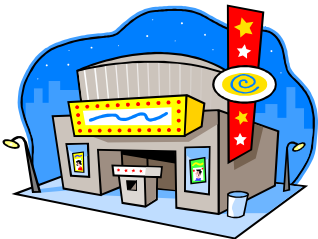
3855 W. 242nd Street – 310-378-3862

MONDAY 12 noon to 4 p.m. * Table Games and Pinochle *

THURSDAY 12 noon to 4 p.m. * Table Games and Bridge *

Coffee & cookies always just 30¢!

Come spend some time with us Mondays and Thursdays – you'll really like it! We have a friendly group of Pinochle and Bridge players and you can jump right into the game! Drop in any Monday or Thursday afternoon!



THURSDAY & SATURDAY MATINEES!

FREE MOVIES & POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.

May 3 & 5

From Here to Eternity
Not Rated

Burt Lancaster,
Deborah Kerr,
& Frank Sinatra

May 10 & 12

Bambi
Rated G

Hardie Albright,
Peter Behn,
& Ann Gillis

May 17

Bartlett Center is closed
May 19th for the Armed
Forces Day Parade

The Social Network
Rated PG-13 for sexual content,
drug and alcohol use, and language.

Jesse Eisenberg,
Andrew Garfield,
& Justin Timberlake

May 24 & 26

How Do You Know
Rated PG for sexual content
and some strong language.

Reese Witherspoon,
Paul Rudd,
& Owen Wilson

May 31 & June 2

Just Wright

Rated **PG-13** for some
suggestive material and brief language.

Queen Latifah,
Common,
& Paula Patton

June 7 & 9

Singin' in the Rain

Rated **G**

Gene Kelly,
Debbie Reynolds,
& Donald O'Connor

June 14 & 16

Where the Heart Is

Not Rated

Natalie Portman,
Ashley Judd,
& Dylan Bruno

June 21 & 23

Mouse Hunt

Rated **PG-13** for language,
comic sensuality, and mayhem.

Nathan Lane,
Lee Evans,
& Vicki Lewis

June 28 & 30

Easy A

Rated **PG** for mature thematic
elements involving teen sexuality,
language, and some drug material.

Emma Stone,
Amanda Bynes,
& Penn Badgely

July 5 & 7

Water for Elephants

Rated **PG-13** for moments of
intense violence and sexual content.

Reese Witherspoon,
Robert Pattinson,
& Hal Holbrook

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12 NOON!



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive - 310-543-4653 - 9 holes

Meets Every **FRIDAY** from 8:30 a.m. to 11 a.m.

Upcoming general meetings are May 4 and June 7, 2012

If you are a senior and would enjoy getting out for a morning of "pitch & putt" competition and good fellowship, come on out and see what we have to offer!

The Sea-Aire Senior Citizens Golf Club recently held two *Best Two out of Three tournaments*, which involves teams of 3 players and each team plays two rounds of golf (18 holes). Each hole is scored by taking the two lowest scores of the three players. The total of the best scores for the 18 holes becomes the gross score. From the gross score two thirds of the total handicaps of all three players is subtracted to get the net score.

Results of February's *Best Two Out of Three* Tournament

First Place @ 93.0 net Jim Lawson, Fran Thompson, & Ray Felice

Second Place @ 97.3 net Frank Berry, CC Graham, & Don Sturges

Third Place @ 99.0 net Gary Mataske, Dave Moorhead, & Dave Baird

Fourth Place @ 99.3 net John Norris, Beverly Flynn, & Dick Saunders

Fifth Place @ 100.3 net Dave Matosky, Terry Hayes, & Bob Fields

Sixth Place @ 106.3 net George Brown, Dick Evans, & Helen Anastassiou

Seventh Place @ 109.0 net Marv Paskal, Ben Ko, & Joe Camarata

Results of March's *Best Two Out of Three* Tournament

First Place @ 98.7 net (tie) Frank Berry, Ben Ko, & Carolyn Shofner

First Place @ 98.7 net (tie) Bob Reid, Joyce Eby, & Terry Hayes

Second Place @ 102.4 net (tie) James Lawson, Dick Saunders, & John McGee

Second Place @ 102.4 net (tie) Marv Paskal, Dick Evans, & Fran Thompson

Third Place @ 103.0 net George Brown, Beverly Flynn, & Tony Maes

Fourth Place @ 106.0 net Dave Matosky, Don Sturgess, & Paul Nitchman

Fifth Place @ 110.4 net Joe Camarata, Mike Anson, & Ron Schodt

Sixth Place @ 114.7 net Helen Anastassiou, Bob Fields, & Dave Moorhead

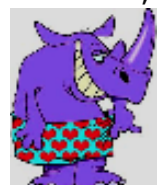
DID YOU KNOW?

Did you know that May is *National Barbeque Month*? It's a month long celebration of all the foods we enjoy - and the pastime of bringing people together to enjoy it all. Just think of the aromas of ribs, steaks, hamburgers, hotdogs, barbecue sauce - all wafting in the air? It's hard to concentrate on anything knowing that someone, somewhere is making a very delicious meal. Your mouth begins to water, you feel goosebumps and you start to daydream about food. So get out there and grill something!



Q: What animal has roamed the earth for over a million years, and has been hunted to near extinction?

A: You guessed it, the Rhinoceros. May 1st is *Save the Rhino Day* and encourages us to be aware of, and support efforts to save the Rhinoceros from extinction. Native to Africa, this leftover from the age of Dinosaurs was hunted to near extinction. Hunters on safaris, killed



Rhinos just for sport. Poachers hunted them for their horn. The horn has been used as medicine, and for making knife handles, carved statues, and other objects. Animal rights groups have helped to save this animal from extinction, and their numbers have rebounded somewhat.



May 14th is *Dance Like a Chicken Day* is for those who like to do the "Chicken Dance". All 'ya gotta do is dance like a chicken. While any dance song will do, there's no dance like the Chicken dance.

June is *National Accordion Awareness Month* (NAAM). National Accordion Awareness Month was established in 1989 to help spread the word about the resurgence in popularity in the accordion and to educate people about the accordion.



June 15th is *Smile Power Day*. Feel the power. Give everyone you see a big, friendly, "I like you" smile. You never know, your warm smile just might turn someone's day right around...for the good!



June 25th is *National Catfish Day*. On June 25, 1987, President Ronald Reagan began a presidential proclamation with the words, "More and more Americans are discovering a uniquely American food delicacy - farm-raised catfish."

A Few Nostalgic Facts About Chocolate

1871 was a landmark year for American Chocolate as Milton Hershey, at the age of nineteen (19), founded his company in Pennsylvania.

In 1907, the iconic Milk Chocolate Hershey's Kisses were introduced. They are one of the most successful chocolates and Hershey produces approximately 20-25 million per day in a variety of flavors.

In 1896, Leo Hirshfield, New York confectioner, introduces *Tootsie Rolls*, named after his daughter Clara's nickname, "Tootsie."

1942-1945 To help maintain wartime morale, women at the Whitman's Candy Company slipped notes to soldiers in boxes of Whitman's Chocolate Samplers set to ship to the troops. The notes resulted in at least a few friendships and even a couple of marriages!